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Alzheimer's Society

Leading the fight against dementia

Do you Care or Support someone with Dementia?

Alzheimer's Society is delivering a **Carer Information and Support Programme-CrISP**. CrISP is a series of workshops for people caring or supporting a family member or friend with a diagnosis of dementia. It provides an opportunity for you to talk freely in a friendly and confidential environment about your experiences and the impact they are having on you.

The workshops aim to provide you with information and support.

Week 1 - Induction and Welcome - Welcoming everyone to the programme.

Week 2 - Understanding Dementia - Explores the physical, psychological and emotional impact of dementia.

Week 3 - Legal and Money Matters - Explores legal and financial issues to help you understand the importance of planning for the future.

Week 4 - Providing Support and Care - Explores concerns/challenges that may arise when supporting a person with dementia.

Week 5 - Coping Day to Day - Looking at the physical, psychological and emotional impact that dementia may have on you as a carer.

The free workshops are run by Alzheimer's Society staff and volunteers for a group of up to 12 people who care or support a family member or friend with dementia.

If you are interested in attending the programme in your area - please contact:

Heather Von Loggerenberg
Dementia Support Worker - CrISP facilitator
Southern Area

077 1832 2722 or 028 3025 6057

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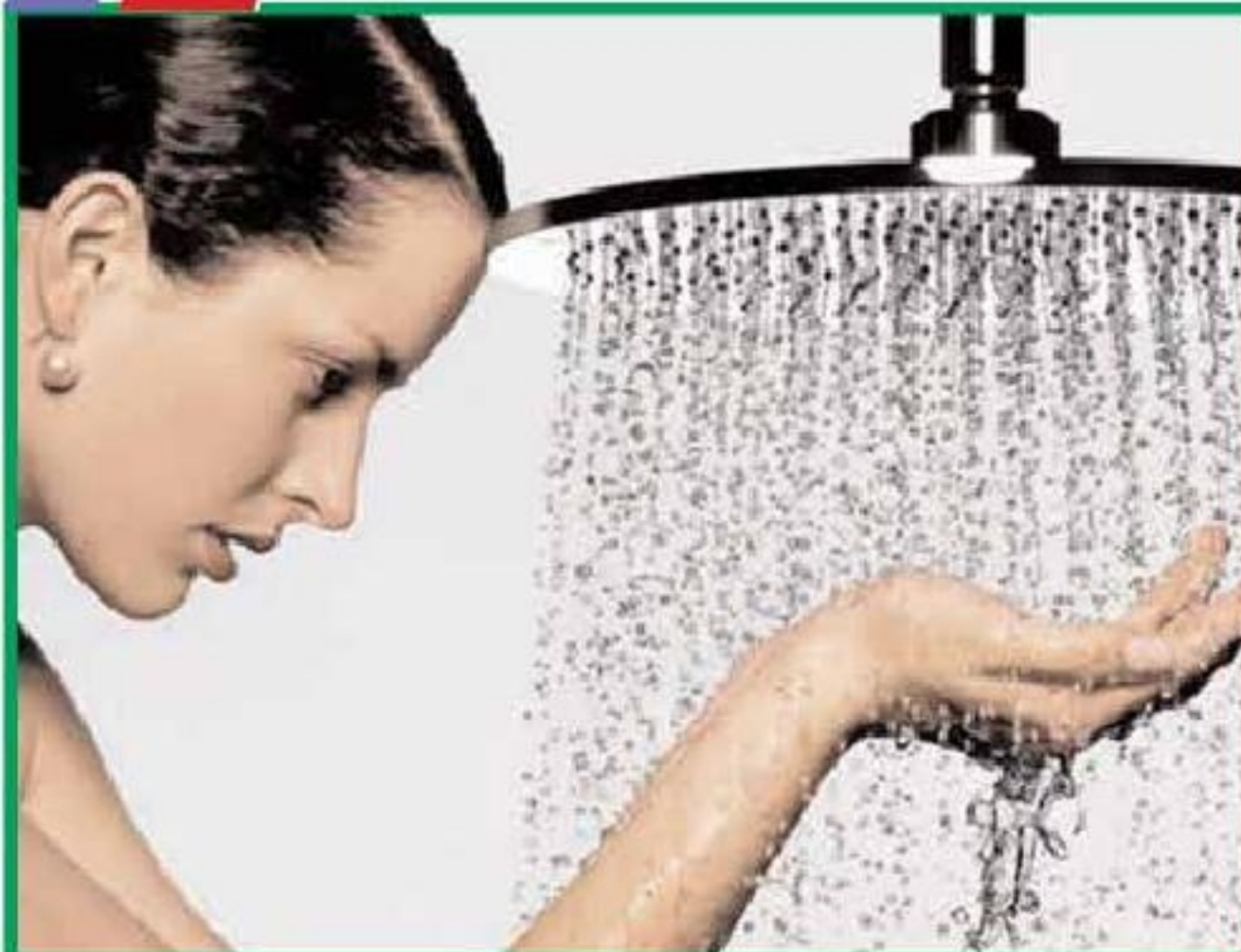
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Life in full HD: Laser Eye Surgery can change your life!

Pamela Ballantine discusses her surgery experience at Award Winning Eye Clinic, Optilase in Newry

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses.

I had considered Laser Eye Treatment for some time, but had never got around to it. However a friend of mine recommended Optilase, facing the City Hall in Belfast, and suggested I should go for a Consultation.

When I heard that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe and 2nd in the world in terms of completed treatments, I was greatly reassured and this made my decision to visit an easy one.

After speaking to Optilase and answering some simple questions, I had booked my Consultation. First step taken then!!

My initial Consultation was around an hour long. So I went along to the Flagship Clinic and Surgery Centre, opposite Belfast's City Hall. The Clinic was like being at a 5 Star hotel! The staff were absolutely tremendous and I was immediately completely at ease. Bring it on, I thought!



So, after a coffee, (which might I add, was excellent), I filled out a simple form, and met my Optometrist who would be looking after me for the next hour. He was very reassuring and answered some of my very silly questions. I was completely put at ease.

He explained how the Consultation would proceed and took me for some scans and pictures of my eye. I confessed to doing some homework on the technology that Optilase use and felt very informed and completely reassured throughout the process.



A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee – basically Optilase look after and treat my vision for the rest of my days, even if I needed to be re-treated further down the line, at no extra cost!

After the scans and eye test, it was time for the big result – and I was absolutely delighted to hear that I was suitable for Treatment. Hurrah!! By now I really wanted it done and I was shown the potential about how good my vision could be afterwards. I really wanted complete freedom from those cumbersome glasses.

So two weeks later the big day came – and I approached this with some confidence, however I must admit that the day before surgery I was a bit nervous. The morning of surgery I was still a bit anxious but I needn't have been.

I then met with the Surgeon (for which there is also no fee) Medical Director Dr. Wayne Crewe-Brown. He has performed more than 40,000 of these treatments and he talked me through my different treatment options. I spent over half an hour with Dr. Crewe-Brown and felt completely reassured at the end of my Pre-Op. I opted for the KAMRA Treatment, with laser – exactly as the Surgeon had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether! The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure – the Nursing and Care team were second to none. There was no pain whatsoever during surgery –



a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were tender initially, a sensation I compared to the experience you have after cutting raw onions. My eyes were watering all the way home and I had to wear black sunglasses to protect them, although the staff did advise me that I would be light sensitive straight away as my 'new eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed – when I woke in the morning life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional – I don't mind admitting. My near vision settled and dra-

This is the best decision I have ever made, I now see life in full HD!

matically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit). If I had some advice for anyone out there who wears specs, get it done – and get it done now! If only I had it done years ago.....

My advice? Find out if you can have it done – if you are suitable, find a way to have treatment – it will change your life.....I'm glad I did!!

To book your free consultation contact Optilase on 08000 121 565 or visit www.optilase.co.uk

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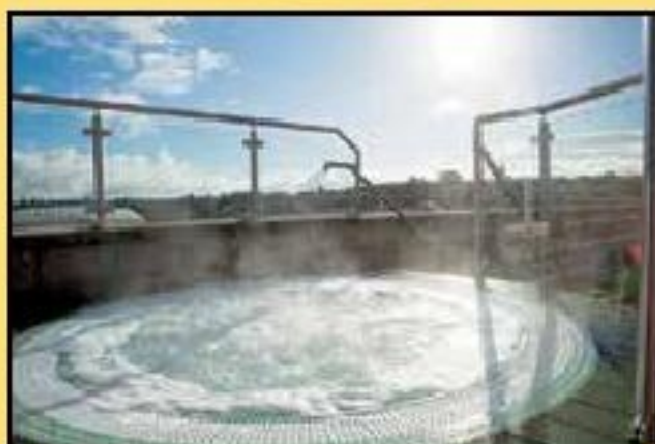
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The Junior Winter League ended in a very close finish with Michael Colhoun taking the title from the reigning champion Rian Carvill; where in a thrilling climax, only 2 points separated them in the end. The Junior Summer League

is now underway, but it is never too late for any young golfer to go along and join in the fun every Saturday morning.

There is always a great emphasis on children at Kellys Golf Centre. In this respect, judging by the increase in numbers that turn up, the Saturday Classes are proving to be a big success with a significant increase in the number of girls in attendance. There are 2 Classes: 12 noon to 1pm for 5 - 8 year olds, and 1pm to 2pm for 8 - 12 year olds. In each Class the children can practice their short game with fun activities on the Par 3 Course, as well as practicing their long game in the Driving Range, with the assistance of Resident PGA Professional Dougie Bell. The Classes run for 6 weeks and cost only £30 per child.

Kellys Golf Centre is already taking bookings for their very popular annual Junior Summer Camps. Full of fun, games, competitions, prizes and lots more, this is an ideal



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For further information contact Kellys Golf Centre on 028 4177 3247 or "Like" Kellys Golf Centre on Facebook.

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Bernie Doyle

I have thought about losing weight for years! Like so many other woman, my weight had crept up on me, I was eating a lot of the time just for the sake of eating, and I was doing very little exercise. The final crunch was when the doctors put me on tablets for High Blood Pressure, I knew this was

because of my weight gain, and the doctor even advised me that it was time to start exercising. After reading an article in the local newspaper about Curves, I knew that Curves was something I could do. The women only and 30 minute workout appealed to me, as I'm a busy mother of 4, and I juggle 2 jobs so I rang up and made an appointment. The staff were so friendly and put me at ease straight away. They explained how Curves could help me.

Weighing in at 14stone 5lb, I knew I couldn't put this off for much longer! That was in August 2014, I'm now 54lbs lighter, at my last assessment I weighed in at 10stone 13lbs. That a loss of 3 stone and 6lbs. It's been a very long time since I seen the scales at this! I'm so delighted with my achievement. The dress I'm wearing in this picture is a size 12 dress.

I started off at Curves wearing a size 20, now I'm down 4 dress sizes, losing a total of 41.5". For the first time in my life, I enjoy exercise, I look forward to my 30 minute workout, it's part of my lifestyle.

Ladies if you feel like I did, give Curves a call and they will help you on your way to achieving your goals. Call 028 3026 2829, or follow us on facebook Curves Newry.



Starting Weight:
14st 5lbs
Current Weight:
10st 13lbs
Lost 41.5"

BEFORE

AFTER

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Curves
curves.eu/uk

YOUR *BEST* BODY EVER

Did you know Summer Bodies are made in Spring?
We consulted the experts at Therapie Clinic for a specialist opinion.

Most women have problems with excess weight and skin around their middle. It's where we tend to store adipose tissue; skin is easily stretched and becomes flabby, and it's the reason tummy tucks have become one of the most popular procedures in the world. If the expense and recovery time of going under the knife doesn't appeal to you, you'll be delighted to discover that there's a new, non-surgical alternative available at Therapie Clinic.

Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. Yep - we're serious.

The best part? It's completely non-invasive. No surgery, no knives, no long recovery times. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Christina Aguilera and Britney Spears. The clinic has reported a record demand for the treatment since its launch. There is now a waiting list in two of the clinics in Northern Ireland.

It almost sounds too good to be true, but the process is grounded in scientific

research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes.

You can typically expect to see results within two weeks.
It'll take about 90 days to see the full effects of the body blitzing fat detox.

Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%.

You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox. One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem with love handles or cellulite.



Before



After

The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.

Call 08000 121 565 04890 438397 (ROI)

Learn more about our treatments visit www.therapieclinic.co.uk

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MONDAY 25 MAY –
SUNDAY 31 MAY

MON 25 TO SUN 31 ISLAND GREEN CHIP CHALLENGE

Come and have a go at the Island Green chip challenge. Pitch your expertise against some golfing pros!
Venue: Castle Park
Admission: £1 for 5 chips and proceeds go to Daisy Lodge
Contact: 028 4372 2222

THURS 28 TO SUN 31 CAFE CULTURE EVENT

Come and have a seat and watch the golf live on the big screen.
Venue: Newcastle Centre
Contact: 028 4372 2222

FREE

ENTERTAINMENT
FREE

SAT 30 SUN 31 FOOD & BLUES FESTIVAL

Opportunity to taste delicious locally produced products from County Down and listen to great music. Children will be entertained by Circus Performers, Stilt Walkers, Face Painters, Puppet Show, Big Headed Golfers, Chef Logy and much more.

Time: 11am – 7pm

Venue: Castle Park

Contact: 028 4372 2222

MON 25 DOWN JUNIOR CHALLENGE – YOUTH LEGACY GOLF TOURNAMENT

Winners of this great youth development tournament will receive the presentation from World Number 1 Golfer Rory McIlroy.

Venue: Ardglass Golf Club
Contact: 028 4372 2222

FRI 29 SAT 30 COMEDY NIGHT

Local Dundrum comedian Patrick Kielty back on home turf as headline act on Friday, supported by Lurgan legend Micky Bartlett. Northern Ireland's Queen of Comedy May McFettridge is the headline act on Saturday night. Bar available.

Time: Friday – Doors open 6.45pm. Show Starts 7.15pm.
Saturday – Doors open 7pm
Show Starts 8pm

Venue: St Mary's Hall
Admission: Fri £17, Sat £13
Contact: lolcomedy.co.uk

MON 25 TO SUN 31 GOLF SIMULATOR

Take a drive down main street and practice your golf swing.
Venue: Newcastle Centre
Contact: 028 4372 2222

FREE

TUES 26 GAA LEGENDS EXHIBITION GAME

Some of Ireland's renowned sports legends will participate in an exhibition game involving personalities from a range of sports including hurling, gaelic football, rugby and soccer.

Time: 7pm

Venue: St Patrick's Park, Newcastle
Admission: £5 and proceeds go to Daisy Lodge
Contact: 028 4372 2222

SAT 30 'LOVE GOLF LOVE' OPERA

Composed by Brian Irvine, the newly appointed Belfast Music Laureate and written by award winning Northern Ireland playwright Owen McCafferty. This witty performance lifts the lid on what happens when love and the world's greatest sport collide in a sparkling 25 minutes.

Time: 5pm

Venue: Castle Park

Contact: 028 4372 2222

FREE

For more information:
Newcastle Visitor
Information Centre
028 4372 2222

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Asthma

5.4 million people in the UK are currently receiving treatment for asthma. Our products can improve the symptoms of asthma sufferers by diluting the humidity levels in homes. This reduces mould spores and dust mite populations, one of the main triggers of asthma.



Condensation

In a property of 4 people, each will contribute approximately 4 pints of moisture per day through showers, baths, boiling kettles and cooking. This adds up to well over 100 pints of water vapour per week; a huge volume of moisture that must go somewhere.



Mould

During growth, fungal colonies can produce gases known as 'volatiles', which are musty mildew-like odours. Exposure to these gases have been associated with a number of symptoms including headaches, nausea and fatigue.

Positive Input Ventilation (PIV)



Our PIV systems are accredited with BBA certification and also comply with building regulations. The EnviroVent units are sophisticated whole house ventilation and condensation control units. By drawing in fresh, filtered and clean air from outside, they gently ventilate the home from a central position on a landing in a house or the central hallway in a flat or bungalow.

The integral pre-heater is designed to temper the incoming air during periods of low external temperatures.

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**Mouthwatering Pizzas
and Much More!**



Choose from our Extensive Menu!

Pizza

	10"	12"	16"
MARGARITA - Tomato & Cheese.....	£4.50	£5.50	£7.50
FUNGI - Mushroom.....	£5.00	£5.50	£7.50
MILANO - Ham & Pineapple.....	£5.50	£6.50	£8.50
FABIO - Chicken & Mushroom.....	£5.50	£6.50	£8.50
NEW YORKER - Beef, Onion, Mushroom	£6.00	£7.00	£9.00
PEPPERONI - double pepperoni, double cheese	£6.00	£7.00	£9.00
TEX BBQ - bbq sauce, chicken, onion, peppers... ..	£6.00	£7.00	£9.00
MEAT FEAST - ham, pepperoni, chicken & bacon	£7.50	£8.50	£10.50
VEGGIE - onion, peppers, sweetcorn & mushrooms	£6.00	£7.00	£9.00
SPICY CHICKEN - chicken, peppers, pineapple and sweet chilli	£6.50	£7.50	£9.50
MAC'S SPECIAL - a little of our most popular toppings	£8.00	£9.00	£12.00
* NEW - COCK 'n' BULL - Choice of sauce, Beef Pepperoni, Chicken, Onion, Taco Mince	£8.00	£9.50	£12.50
BREAKFAST PIZZA	£7.00	£8.00	£10.00
CHICKEN CURRY PIZZA.....	£5.50	£6.50	£8.50
Garlic Bread	£3.00		
Extra toppings.....	50p	£1.00	
Toppings: ham, mushrooms, pepperoni, chicken, bacon, sweetcorn, peppers, pineapple, cheese, onions, beef			

Burgers



Mac's Burger	£3.50
Burger	£2.00
Cheese Burger	£2.20
Bacon & Cheese Burger ..	£2.50
Salad Burger	£2.30
Chicken Burger.....	£3.50
Chicken Chunks	£3.60
Chicken Goujons	£3.00
Onion Rings.....	£1.70

Chips



Small Chips.....	£2.00
Large Chips	£3.00
Curry Chips.....	£2.50
Gravy Chips	£2.50
Super Chips	£2.50
Garlic Chips	£2.50
Cheese & Chips.....	£2.50
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Plain Sausages	£1.20
Freshly battered Sausages.....	£1.60
Freshly battered Cod	£3.50
Fish Supper	£4.50
Foot Long Hot Dog	£2.00
Chilli Cheese Dog.....	£3.50

Drinks

Tea.....	£1.00
Coffee.....	£1.50
Latte	£1.80
Cappuccino	£1.80
Hot chocolate	£1.80
Bottles of Juice	£1.20
Large Bottles	£1.80
Cans	80p
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Boost	49p
Water	£1.00

Breakfast

Breakfast Bap	£2.95
Breakfast Soda	£3.50
2 Sausages, 2 Bacon, 1 Egg	
Half Soda	£2.00
1 Sausage, 1 Bacon, 1 Egg	
Full Breakfast	£4.00
2 Sausages, 2 Bacon, Eggs, Beans, Half Soda, Mushrooms	
Small Breakfast	£2.50
Sausages, Bacon, Egg, Half Soda, Beans	
Toasted Soda with 2 Fillings	£3.00
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A nutritional supplement for
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A Complete and Therapeutic supplement
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Comprehensive Support for MALE and
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pregnancy.

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"I strongly believe this clinically
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of its type. The individual
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levels, make this a one of a
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Senior Clinical Embryologist and
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- Unisex Design
- Independently Endorsed & Recommended
By Fertility Specialists

Now available at Meigh Pharmacy

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Endorsed and Recommended
by Fertility Clinics

pre-Conceive is the 'Perfect Pregnancy Preparation'.
It is the ideal companion for those who are:

- sub-fertile/infertile or heading down the assisted
reproduction route including IUI+IVF
- realising 'pregnancy' is taking a little longer than
expected
- wanting the best possible start to their pregnancy
and for their child
- concerned about pregnancy complications or have
had a difficult pregnancy before

31 Nutrients at their true THERAPEUTIC value including:

5,000mg of Arginine, 3,000mg of Omega 3, 1,200mg of NAC, CoQ10 absorbed equivalent of 720mg (200mg
micellized), 400mg of Vitamin E, Zinc, Selenium and 400iu of Folic Acid.

pre-Conceive has been designed to target all known major causes of Infertility including:

Male: Including Count, Concentration, Motility, DNA
Health, pH, Blood-Flow, Antioxidant Support,
Removing Toxins, Hormonal Pattern and Regulating
Testosterone, Infections.

Female: Regulating Hormones, PCOS, Endometriosis,
Ovulation disorders, Improving Egg Quality, Thyroid
Health, Fallopian, Uterine and Cervical Improvement,
Hypothalamic Regulation.





Supporting People and Communities Everyday - SPACE

Our aim here at SPACE is to reach out to individuals and families in need, helping them find strengths, overcome difficulties and build better futures. Our work can be very practical – help with transport, homework clubs, parenting programmes, practical help with childcare/household management or may involve a range of more complex help where situations are challenging. We understand that family life is not always easy, life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems all put stress and strain on family life and relationships.

We are the lead organisation for the Newry and Mourne Family Support Hub working with a range of statutory and voluntary organisations to identify solutions for families who are going through tough times. All our families live within South Down, South Armagh and Rural Craigavon.

Love Your Space - Social Enterprise

Love your Space is SPACE's Social Enterprise set up to generate income that is then reinvested into the charity to support the work that we do with families and individuals. Love your Space is our stylish shop which sells a range of up-cycled furniture, pre-loved clothing, local crafts and gifts. Situated right in the middle of Monaghan Street (beside Dunnes Car Park and next door to McCooney's Cafe and Younique), Love your Space is handy for a quick browse and pick up a little going out dress, handbag or even a beautifully up-cycled vintage dressing table.

We gratefully accept donations of clothing, furniture, jewellery, handbags or bric a brac; so if you are having a clear out please think of us.



SPACE - Supporting People and Communities Everyday



MARA - Maximising Access to Services, Grants and Benefits in Rural Areas

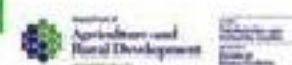
Since April 2012 we have visited over 1300 homes across rural South Down, South Armagh and Craigavon and the good news stories from householders who had a MARA visit last year are pouring in.

Case Study – Mrs X

Mrs X requested a number of referrals including a BECS check and an application for the Boiler Replacement Grant. After being assessed by BECS it was decided she was eligible for Pension Credit of £172.88 and Attendance Allowance of £40-50 per week. This has improved Mrs X's financial situation greatly. Home Safety also issued the householder with advice and equipment including a Carbon Monoxide alarm. Mrs X also received a grant of £1,000 towards a new boiler. Mrs X was also eligible for free loft insulation and a hot water jacket, combined with her new boiler this will make a dramatic improvement to the cost of heating and retaining the heat within her home. She is "delighted" with her outcomes.

Numerous householders have had boiler grants of £1,000, £700 and £500 while over 200 householders were referred for Occupational Therapy referrals with almost half of these having measures installed to keep them safe in their homes.

The MARA Scheme is open to anyone living in rural South Down, South Armagh and Craigavon. If you feel that you or a friend, family member or neighbour would like a free MARA visit contact Allison or Anouska at SPACE on (028) 3083 5764 to arrange a free home visit. All information received will be strictly confidential and only shared with the relevant agencies after your approval.



To book a visit please complete the following and return to:
SPACE, 24 Monaghan Street, Newry, BT35 6AA

Name: _____

Address: _____

Postcode: _____

Date of Birth: _____

Phone Number: _____

To Access this FREE service contact
Allison or Anouska on:
028 30835 764

Mourne Home 2 Hospital

SPACE has recently been awarded some funding to pilot a home to hospital project in partnership with the Newry Mourne Rural Community Transport project. The project is aimed at those aged 60+, living in the Mournes, Kilkeel and surrounding areas who require help to get to hospital appointments in Belfast, Craigavon, Dungannon etc. If this applies to you please contact Allison or Anouska at SPACE on 028 3083 5764.

ROCKHILL HOLIDAY PARK & ACTIVITY CENTRE

INDIVIDUAL SESSIONS

Bookings can be made for individual sessions of the following:

Archery (45mins)	€7 per person
Canoeing/KAYAKING (60mins)	€10 per person
Sailing (90mins on selected days)	€10 per person
Pottery paint & glaze drop in session	Pay per item

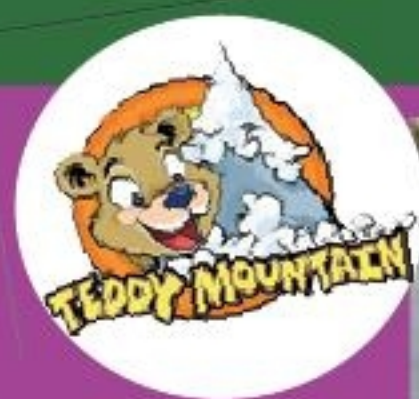
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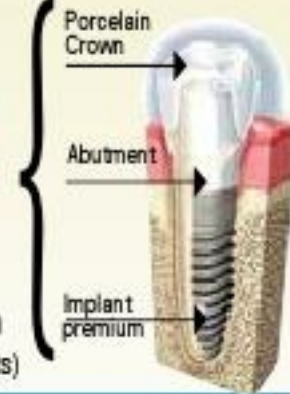
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Why is it that we are all addicted to something?

Our brain wants us to enjoy life. When we first do things that give us a real "Buzz", our brain retains a strong memory of this. So, when we have an opportunity to do this again, our brain strongly encourages us to do it by producing a brain hormone called dopamine. Dopamine, which is nature's cocaine, drives us to achieve our goals in life. However, it can unfortunately drive us to addiction by making us strive for goals that give us only a short term fix. Our brain, driven by the memory of the "Buzz" forces us to pursue those activities even when the habit is destroying our lives.

The urge is so great that we "do it" even though the consequence will be far worse than the benefit.



We may feel remorseful, but the dopamine-laced memory makes us give in again and again.

So what is the good news?

Now that we understand how our brain is "tricking us" to pursue fool's-gold, we can use the same knowledge to STOP that dopamine surge which drives us to "take one more drink" etc.

How can this be achieved?

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1. They help the addict to work out and resolve the issue that initially caused them to over-indulge

2. They help the person create a true memory of the detrimental

impact of the addiction to replace the fool's-gold memory which keeps them hooked.

3. They help the affected person to plan their life without the addiction.

4. They help them to instantly kill the dopamine surge

Who needs help from a psychotherapist for addiction?

Those people who can identify with any 3 of these statements:

1. A lot of time spent thinking about and getting involved in the drinking, gambling, etc.

2. Unintentionally overdoing it - a binge, overdose, etc.

3. You need more and more to satisfy you.

4. Withdrawal symptoms such as anxiety, tremors

5. Use of the habit to relieve anxiety, tremors etc.

6. Persistent efforts but failure to quit

7. Negative impact on performance at work or socially.

8. Continuing the habit even when destroying you physically and/or emotionally

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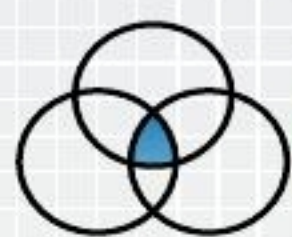
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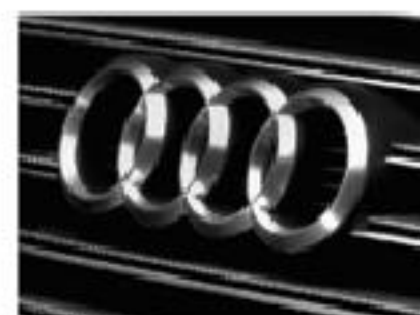
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